



The Soft Diet: For Chewing and Swallowing Difficulties

Rita Greer

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The Soft Diet offers groundbreaking ideas and exciting recipes for anyone with problems chewing or swallowing. These recipes are based on providing proper nutrition, with vegetables and fruit, salads, bread and cakes, cereals, cheese, fish and meat, poultry, and eggs. Based on the author's decades of practical experience, not only as a health writer but also in the food industry, it is a carer's bible, as useful for those caring for someone at home as well as for caterers in hospitals and care homes. Includes dual measures.

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